OPINION

Virginity in College

What's it like to enter college as a virgin? See what Emily Steates '19 has to say on **page 6**

ARTS & ENTERTAINMENT

Astonishing Performance in Wellin

Edgar Otero '20 raves about Jubilant Sykes' jaw-dropping performance on **page 10**

SPORTS

Canoe Racing Cut Short

Find out how the weather impacted the marathon canoe race on **page 16**

The Spectator

Thursday, Sept. 15, 2016

Volume LVII
Number 3

PHOTO BY MICHELLE CHAPMAN '17

Students can again have prescriptions sent to the Health Center starting Sept. 19.

Prescription delivery service returns to the Health Center

by Dillon Kelly '18
News Editor

Starting on Sept. 19, the Health Center will bring back its former policy of allowing the delivery of some prescription medications directly to the Center for student pick up. During the weeks in which this policy had been discontinued, the Health Center did not have a full-service pharmacy and could not fill prescriptions written by anyone outside the Center, although they did stock a limited selection of commonly prescribed medications to dispense when needed. Normal protocol before this change was that students would go to the Health Center, and if they were prescribed anything, they would have to pick it up from a local pharmacy.

This is hardly an unexpected change in policy. However, Dean of Students Nancy Thompson stated in an all-campus email: "Recognizing that this service is important to students, we consulted with peer institutions and legal counsel to ensure that we have a policy for disposing of prescriptions that are delivered to the Center but never picked up by students."

Assistant Director of the Health Center Barbra Fluty, feels similarly. She wrote in an email, "We have always understood that this service is a convenience to students. We had to adjust our policy to work out liability, storage, and disposal concerns, as there were some problems in the past, in particular when students failed to pick up medications that were delivered. We are pleased that the service can resume as our goal is to support student health on campus."

Students feel that this change will also be beneficial. Julia Summers '18 stated, "I think this change is so helpful especially being on such an isolated campus on top of the Hill. It makes it so much easier to quickly pick up your prescriptions without having to find a car and get yourself down the Hill." Through this change in policy, students will be able to enjoy the convenience of close prescription pick up, while the administration and Health Center staff will be pleased to offer a safe, useful service to the student body.

Construction Update

Work continues on the athletic fields; Baseball and Softball fields will be ready for use this week.
Read more on page 2.

Hamilton hosts first Rorty Society Conference

by Emily Eisler '17
News Editor

This past weekend, Hamilton College hosted The Richard Rorty Society's inaugural meeting from Thursday to Saturday. The theme of the conference was "Crossing Boundaries: Rorty's Promise" and the discussions and lectures throughout the weekend focused on numerous aspects of philosopher Richard Rorty's life and work. Speakers and attendees alike came from all over the country and world, with at least 10 different countries represented. Some panels covered abstract themes beyond Rorty's writings, such as ethics, religion, literature, politics and philosophy.

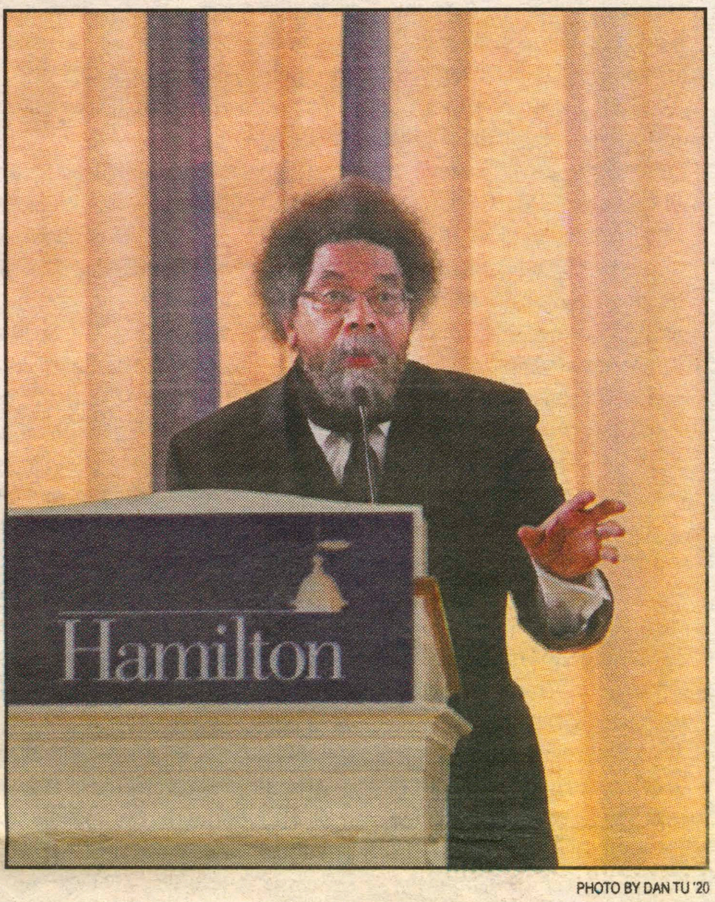

PHOTO BY DAN TU '20

Cornel West speaks of the legacy of his lifelong friend.

The conference kicked off on Thursday afternoon in Kirner-Johnson with panel discussions focusing on liberalism and ethics in Rorty's work and life, led by Hamilton faculty members Professor of Government Joel Winkelman and Professor of Philosophy Todd Franklin. Other discussions that took place that afternoon, many of which were also chaired by Hamilton faculty, covered religion, philosophy, and similar topics in regard to Richard Rorty as well. Hamilton Associate Professor of Philosophy Katheryn Doran chaired one of the discussions during the conference and summed up the event, stating: "The Rorty conference brought together many renowned Rorty scholars from around the world to celebrate and challenge his work and influence. It was particularly moving to hear talks in the Events Barn where Richard Rorty himself delivered a memorable Truax lecture in 2004."

Doran's session, entitled "Rorty and The Classical Pragmatists," "looked at Rorty's connections to the work of Peirce and Dewey," Doran judged. The first speaker, Emil Višňovsky, made the provocative case that Rorty's resistance to scientism blinded him to the connections between Peirce's semiotics and his pragmatism. And the second, Rodolfo Arango, argued that Rorty's Deweyan conception of democracy and public life makes his work strongly suited to democracies in turmoil."

Friday's events took place in both the Annex and the Beinecke Events Barn. Participants talked over political theory, ethics and more specific topics within those disciplines. This included two invited panel discussions: "Rorty's Ethics, Naturalism, and Realism" chaired by Professor of Philosophy Douglas Edwards as well as "Rorty and Contemporary Political Theory" headed by Professor of Government Peter Cannavo. Professor Edwards summarized his discussion, stating: "Perhaps the main topic of discussion was whether moral thought is about reason and reality, or whether it is about emotion and feeling. Rorty was skeptical of the idea that it is about reason and reality, and the talks in the session explored his various thoughts about ethics." The Richard Rorty Society also held their annual executive elections in the Events Barn that afternoon. To finish off the second day, Charlene Haddock Seigfried, Professor of Philosophy and American Studies at Purdue University, gave the keynote address of the night,:"Making Much of 'Doing.'"

On the final morning, attendees gathered in the Taylor Science Center for the last round of enthusiastic philosophical discussion and debate. The morning sessions included explorations of Rorty's rhetoric and writing as well as a discussion titled "Art in the Public and Private." The invited panel discussion before lunch that day, "The Politics of Rorty's Literary Turn," was chaired by Hamilton Professor Peter Rabinowitz. Afternoon sessions covered a wide range of philosophical issues relevant to both the individual and society as a whole.

The weekend wrapped up Saturday evening in the Chapel, where Cornel West delivered the conference's keynote address, "On Richard Rorty." West, a longtime friend of Rorty up until his death in 2007, is a distinguished philosopher, activist, academic, author, and public intellectual who currently serves as a Professor of Philosophy and Christian Practice at Union Theological Seminary and Professor Emeritus at Princeton University. After brief introductions from both Professor Franklin and fellow philosopher Richard J. Bernstein, a philosopher and professor at The New School, West gave an hour-long speech exploring Rorty's origins, his work, his relationships and personal life, and he and West's long-lasting friendship over the decades.

West's speech began with praise for both Bernstein and Rorty's critical engagement work in the field of philosophy before speaking on Rorty's child-

*see **Rorty**, page 3*

Levitt Center promotes women's leadership

by Rylee Carrillo-Waggoner '19
Sports Editor

As a wrap up to her time as a leadership specialist with the Levitt Center, Former Ambassador Prudence Bushnell led two events. On Thursday, Sept. 8, Bushnell collaborated with the Days-Massolo Center to run the Women of Color Exercising Leadership Workshop. Though the event was limited to the first 25 students to register, every seat in the DMC living room was filled. This was the first of a series of four workshops planned for leaders who are women of color which will focus on "My Background." The next day, Bushnell held a lunch for some of the women who had attended the Women Exercising Leadership workshop she ran last spring. Last spring's workshop was similar in structure to the one this past Thursday. The participants at the lunch made it known how the workshop continues to resonate with them and discussed what Hamilton can do to keep the conversation alive.

Bushnell began the Thursday event by displaying a "timeline of life." On this timeline, she explained, young adults ages 18-26 are making tentative choices, followed by a transition period from 27-31, then living with those choices from 32-42, another transition from 43-48, followed by one's peak in productivity from 49-66. Only after that peak does one gain wisdom and feel totally oneself. She showed this timeline in hopes that young women will realize that they should be experimenting at this stage in their lives. Nothing will be set in stone for awhile, and women will continue to discover and learn more about themselves and who they are as time moves on.

After the timeline, Bushnell presented P. Northouse's definition of leadership as "the process whereby one individual influences a group of individuals to achieve a common goal." Bushnell added to this definition, "to make a positive difference." She spoke to this addition, explaining that she happens "to think leadership has a really important ethical component to it." This lead to a further discussion of the difference between managing versus leadership. The key difference to Bushnell is change. If there is no change, then one is not leading, one is managing. Bushnell also differentiated between a leader and leadership, stating a "leader is the person in front. Leadership is a process."

Bushnell related her thinking on leadership, back to backgrounds, challenging the group to think about what skills they have honed and what experiences they have that allow them to contribute as a unique leader to a situation. Bushnell concluded, affirming the thread flowing throughout the conversation, that it is "important to know your own history." This realization directly flows into what the next workshop will be about: role model and your role model's history.

On Friday, Bushnell began the lunch by talking about designer Nina McLemore, who designs suit jackets for women. Bushnell explains that when "the judges raises her gavel, there is extra fabric so that the seam doesn't rip." That mindfulness was embedded throughout the rest of the conversation, a conversation largely talking about sexism on campus and similarly, masculinity on campus. Bushnell asked "are conversations like these ones that you would be interested in having?" The group nodded fervently and brainstormed conversation topics that could get the entire campus talking. This includes how being powerful and feminine can exist in tandem and how masculinity can become less restrictive, especially on the Hill. After both of these events, participants left satiated by the conversation and looking to pursuing the dialogue in the future.

Summer construction update

by Noelle Connors '19
Staff Writer

As students arrive back on campus this fall, many things seem just the way we left them last spring. However, over the summer there have been some major construction projects which will reshape athletics, dorms, and campus infrastructure. Associate Vice President for Facilities and Planning Steve Bellona summarizes the goal of the summer projects as a "focus towards upgrading Hamilton's infrastructure, building envelopes and electrical systems."

One of the most significant changes is the new sports fields. The new baseball and softball fields will be able to be used this week. As Zoe Singer '18 summarizes, "I am a junior on the team so I've experienced what it's like to not be able to play at home due to weather. I'm really looking forward to playing all of our home games at home this year on our new field because having friends and fans be able to come and support us is an amazing feeling." These new fields will give the baseball and softball teams, which previously had to travel for home games, the chance to play at Hamilton in front of their own fans. Also by the end of this week, new toilet facilities at the Campus Road Fields should be completed. On the old softball field, the men's and women's soccer teams now have practice fields, which they have been using since July. Also for athletics, a new curtain and bleachers were added in the Scott Fieldhouse, and Bristol Pool was regrouted.

Additionally, this summer many buildings and utilities were upgraded. One change that is still in progress is the repointing of the stones on the Blood Fitness Center and Carnegie Residence Hall. The mortar between the stones is being replaced to increase the longevity of the stones. By the Science Center, two out of four entrance patios had the stones relayed. Bellona added, that there were also "roof replacement and/ or repairs at McEwen, Schambach, Siuda, Bristol Pool, Saunders and List." The emergency generators for Carnegie and North Residence Halls were also replaced over the summer. These are only some of the major changes which occurred this summer on campus, with more to be completed this fall.

AMHERST BATES BOWDOIN COLBY CONNECTICUT COLLEGE

NESCAC NEWS

by Emily Eisler '17
News Editor

Bowdoin gets rid of application fees for first generation and financial aid applicants

This year, applicants to Bowdoin College who require financial aid or who plan to be the first in their family to attend college will not be required to pay the College's standard application fee. The administration hopes that by eliminating application fees for certain demographics, students who would have refrained from applying due to the costs will feel comfortable applying. All other applicants will continue to pay the application fee of $65. The money Bowdoin makes from application fees contributes to the costs of the college's intensive and detailed admissions process. Bowdoin itself is a need-blind institution, not considering family income or financial aid necessity in its admissions decisions. It also promises to meet all demonstrated financial need during a student's four years at the college. This new policy will also hopefully bring the College more applicants. Last year they received 6,799 applicants resulting in an incoming class of 503. Of those 503, 15 percent are first-generation students, while 47 percent receive financial aid.

Deck collapse at Trinity off-campus party Injures 31

Last Saturday night an off-campus party near Trinity College took a tragic turn when a balcony collapsed injuring several students. According to police, the deck on the third-level of the house collapsed onto the second floor balcony, which then fell to the ground. Police and firefighters responded to the scene and luckily there were no severe injuries. 28 Trinity students were taken to various nearby hospitals, with College staff meeting them there to assist them and get in contact with the students' families. Reports state that most of the students were released by Sunday afternoon. Trinity College released a statement stating that the school owns the building where the accident took place, though it is managed by an outside property manager. They will be investigating the accident.

Middlebury to hold Clifford Symposium on mindfulness

Next weekend, Middlebury College will host its annual Clifford Symposium. This year's topic is "Fully Present: The Art and Science of Mindful Engagement." The event, taking place Sept. 22-24, will examine the concept of mindfulness and the effect it has throughout the College community. Discussions on how to best practice and develop mindfulness will also take place. The event organizers are hoping to promote the already existing mindful aspects of life at Middlebury to students, faculty and staff. The event will comprise of activities, talks, panel discussions, workshops, and film screenings. Both students and faculty will lead events, with the final day focusing on a workshop and discussion with the founders of the Holistic Life Foundation in Baltimore.

MIDDLEBURY TRINITY TUFTS WESLEYAN WILLIAMS

Fire drill leads to confusion on 9/11 anniversary

by Haley Lynch '17
Editor-in-Chief

This past Sunday night, much confusion precipitated when a group of students mistook a fire alarm for a shelter-in-place emergency. The alarm, which was intentionally set off as part of a fire drill procedure which was scheduled to take place in both the Sadove Student Center and the library, elicited more unrest than is typically the case with fire drills. Reports from Director of Campus Safety Francis Manfredo suggest that eight students responded to the fire drill by taking shelter in the basement of Sadove instead of evacuating the building.

When asked why students responded to a fire drill as though it were a shelter-in-place emergency, Manfredo responded over email: "I believe the verbal command type of alarm and not the typical horn alarm was the cause of the confusion during Sunday evening's fire drill. Most of us are accustomed to hearing an audible horn alarm indicating a fire alarm in the building and not verbal commands instructing individuals to evacuate the building."

Associate Vice President for Facilities and Planning Steve Bellona further explained that as buildings on campus are renovated, new fire alarm systems are installed to meet fire codes. As a result, we currently have six buildings on campus whose fire alarm systems have "audible announcement features." These are the Science Center, Sadove Student Center, Kennedy Center for Theater and Studio Arts, Wellin Museum, Tolles Pavilion and Sage Rink. Bellona specified that a verbal message is "accompanied by visual fire strobe flashes and the alarm itself."

Speculations regarding an explanation for the mishap abound. Some suggest that the date of the drill, which took place on the 15th anniversary of the 9/11 attacks, may have primed students to react fearfully on that day in particular. Campus Safety Investigator Anthony Scalise, who is responsible for coordinating drill scheduling for all academic, athletic, administrative and dining facility buildings on campus, reported over email that the scheduling process does not take specific dates into account at all. The simple fact of the matter was that "patrol officers [are given] a list of what buildings need to be completed during the month and the officers complete the list when time allows."

Scalise further noted that there was no confusion at all about the nature of the drill that took place on the same night in the library. In reference to the mishap in Sadove, he wrote that previous fire drills in the same building that had been conducted earlier in the year "did not have any issues," and that to his knowledge this was "the first time were there was any confusion."

In response to the incident, Manfredo suggested the possibility of announcing when fire drills will take place in order to avoid alarming students, faculty and staff. He added that Campus Safety has "listened to the verbal instructions and will most likely be changing those instructions in the future" in order to make the instructions as clear as possible, so that in the event of an emergency no confusion can take place as it did during the drill in Sadove on Sunday night.

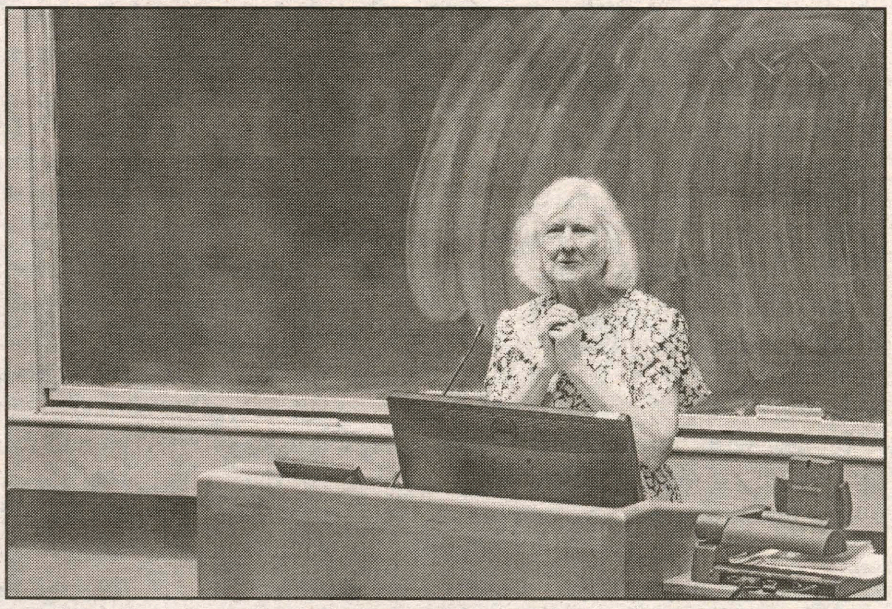

PHOTO BY DAN TU '20

One of the speakers from this past weekend. Topics included ethics, liberalism, analytic philosophy and Rorty's writings.

Rorty conference covers life and work

from Rorty, page 1

hood and his family life. He specifically touched on Rorty's lifelong love of reading, attributing his memory of Rorty as "an incessant reader and eloquent writer" to his early literary tendencies. He then discussed at length Rorty's influences, such as Friedrich Nietzsche, Noam Chomsky, and Richard McKeon. Studying these theorists and in some cases learning under them shaped Rorty's "romantic, pluralist, anti-authority sensibility." He also praised Rorty's "profound commitment to the life of the mind" as well as the "vivacity in his writing." To best encompass his friend, West categorized Rorty as a "humanist intellectual...always concerned with the earthiness of who we are." He finished his speech with a few critiques of his longtime friend.

Richard Rorty himself was an American philosopher who came from a family of intellectuals and activists. He enrolled at Chicago at 15 years old and received both a bachelor's and master's degree in philosophy there. After obtaining a Ph.D. in philosophy from Yale University, he taught at Wellesley College for a short time before spending 21 years of his career at Princeton University. When he became one of the first recipients of the MacArthur Fellowship, commonly known as the "MacArthur Genius Grant," he left for the University of Virginia before moving on to teach comparative literature at Stanford University, where he would finish his academic career. His great work in analytic philosophy, the pragmatist movement, philosophy of language and of the mind, liberalism and postmodernism has made him one of the great contemporary philosophers. The Richard Rorty Society was created in 2014 to celebrate and promote Rorty's body of work and encourage scholarship and philosophical writing inspired by his texts.

Campus Safety Incident Report

In an effort to increase Campus Safety's transparency and draw attention to students' dangerous and destructive behaviors, *The Spectator* will publish a selection of the previous weekend's incidents each Thursday. The entire report is available in the online edition of *The Spectator*. Both Campus Safety and *The Spectator* will use their discretion regarding what is published.

Friday, September 9, 2016

1:16 A.M. Check the Welfare – Residence Hall
8:10 A.M. Fire Alarm – Major Hall
3:17 P.M. Disabled Vehicle/Assist KPD – College Hill Rd
9:38 P.M. Medical Emergency – Dunham Parking Lot
10:50 P.M. Natural Gas Leak – 60 College Hill Rd
10:56 P.M. Area Check – Dunham Hall

Saturday, September 10, 2016

12:09 A.M. Area Check – Root Glen
1:00 A.M. Vehicle and Traffic Violation – Green Apple Way
1:18 A.M. Marijuana Violation – Bundy Quad
3:00 P.M. Check the Welfare – Residence Hall
4:49 P.M. Medical Emergency – Rugby Field
7:57 P.M. Area Check – North Lot
11:39 P.M. Area Check – North Lot

Sunday, September 11, 2016

12:54 A.M. Medical Emergency – Howard Diner
1:25 A.M. Criminal Mischief – Woollcott House
1:34 A.M. Medical Emergency – Residence Hall
2:00 A.M. Medical Emergency – Residence Hall

Club Funding: Kudos and Propositions

Last Monday, Student Assembly approved the strategic budget for student organizations for Fall 2016. The approved budget was the result of many hours of labor by the funding committee and the many organizations that submitted proposals. The end result was the allocation of $103,337 in funding to 47 different student organizations.

The current funding process is novel to the Hamilton campus - one that only dates back less than three years ago. The previous process, or lack thereof, created chaos amongst Hamilton clubs and organizations because it was on a first-come, first-served basis. Student organizations would rush to apply for funding and Student Assembly often exhausted its budget within a week of the semester. Unlucky clubs then had to rely on rollbacks to fund their events. The reform of the budget process was an effort taken by proactive and thoughtful members of Student Assembly. That reform radically rehabilitated a dysfunctional system. It also contributed to improving the quality of activities on campus while providing a sense of equity between the different organizations.

We applaud these reforms and advocate for more. Still further steps could be taken to insure oversight over allocated funds and to eliminate potential conflicts of interest. As a residential campus, the social life at Hamilton depends entirely on student-run organizations. It is these clubs and organizations that shape our college experience outside the classroom. It is for this reason that we must continue to improve our funding process.

Letter to the Hamilton Community

I write to commend T.J. Davis on an amazing and meaningful career as head coach of the men's and women's swimming and diving teams at Hamilton. As a four-year swimmer, I can say that I would not have become the person I am today without the leadership, guidance, and friendship of T.J. While he was an excellent coach, it was what he did outside of the pool that made him such an incredible person and mentor. T.J. was more than just the swim coach or the aquatics director, he was a father-figure for so many that swam for him over the years.

Hamilton is made up of wonderful people, but when I look back on my time there, only a few truly rise to the top. T.J. is one of those people. Between driving students to the airport for early morning flights, hosting students for thanksgiving dinners, and spending hours coaching at the pool, T.J. found a way to make sure that students felt valued, and that anyone who could contribute had a place on the team. More than anything, he threw his heart and soul into his swimmers and divers.

While I look forward to seeing what T.J. will do in the future, I think it is important for Hamilton, and the athletics department in particular, to pause for a minute and reflect on what made him such a great coach and person. For 14 years, T.J. was fixture at Hamilton. From announcing field hockey and lacrosse games to hosting a radio show on WHCL, he was a terrific presence at the school, and whomever replaces him at the helm on the swimming and diving teams has very large shoes to fill.

Ben Fields '15

The Spectator editorial represents the opinions of the majority of the editorial board. It is not necessarily unanimously agreed upon.

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The Spectator's Letter to the Editor section is designed to be a forum for the entire Hamilton community to discuss and debate campus, local, national and global issues. Pieces published in the section express the opinion of the individual writers and are not necessarily the opinions of *The Spectator*, its editors or the Media Board.

Letters to the Editor are welcome from all students, alumni/ae, faculty, friends of the college and Hamilton community members.

The Spectator has the following policies for submission:

1. Submissions are due by 10:00 p.m. on the Monday before publication. The editors reserve the right to refuse any late submissions.
2. Letters should be no longer than 500 words. The editors reserve the right to cut off letters at 500 words.
3. Letters submitted anonymously will not be printed.
4. *The Spectator* reserves the right not to publish any letter it deems inappropriate for publication.
5. If a piece is determined to be libelous, an unwarranted invasion of privacy, or an unnecessary and/or unwarranted ad hominem or personal attack, it will not be published.

About Us

The Hamilton College Spectator, *publication number USPS 612-840, is published weekly by the Hamilton College Student Media Board while classes are in session. For more information e-mail spec@hamilton.edu. Our offices are located on the second floor of the Sadove Student Center. The deadline for advertisements is Monday the week of publication. For further information, please e-mail specads@hamilton.edu.*

9/11: A day for remberance, not protest

by Paul Giuliano '19
Staff Writer

September 11, 2001: As I was rushed out of preschool in Garden City, NY, an affluent New York City suburb a couple of towns over from my own, my father and aunt were chased in downtown Manhattan by a cloud of smoke and debris from the collapse of the World Trade Center. I vividly recall my own mother, along with the rest of the mothers, in tears as we left the dated church where the preschool was located. Understandably, I questioned this unusual circumstance in which my mother replied, "get in the car." It wasn't until later that I fully understood that magnitude of the events that had unfolded that day.

These mothers and fathers had lost spouses; my friends had lost parents. My father and aunt were missing, unable to be contacted via cell phone or pager. It wasn't until 2:00 a.m. the next morning when a call from a payphone reached my house that we knew my family had been some of the lucky ones. Many more, some I knew personally, had not been so lucky. 15 years ago this country was brought to its knees. Ironically, that is exactly where some public figures positioned themselves during the national anthem on this infamous anniversary. Ignoring their motivations, this undertaking by some NFL players to kneel during the national anthem, 15 years to the day of this horrific tragedy is nauseating and deplorable.

A movement, commenced by San Francisco 49er backup quarterback Colin Kaepernick, was started in order to protest what he believes to be racist police actions that have been stressed by the news during the past months. In the previous week this movement has received significant media attention, with some fellow players deciding to join Kaepernick's crusade. Whether one agrees or disagrees with the inspiration behind their movement or whether or not kneeling during the national anthem is an appropriate method of protest, one thing is clear: kneeling during the national anthem on 9/11 is a disgrace.

ILLUSTRATION BY HEIDI WONG '20

The last time September 11 fell on a Sunday was in 2011, the 10-year anniversary of the tragedies. I remember attending a New York Jets game with my father. Before the game, a grand ceremony was held honoring the innocent people who fell victim on that cruel day. Fans formed two diamonds of light that beamed into the sky asthe towers did 10 years previously, after which a flag as large as the field was unveiled. Members of the FDNY and NYPD lined the outline of the flag, honoring their fallen friends. Chants of "U.S.A." roared from the crowd as the band Lady Antebellum sang the national anthem. The vehicle through which the victims were remembered and honored was patriotism. This past Sunday, the victims weren't met with such reverence.

Some members of Kaepernick's following continued to kneel, completely disrespecting the victims and their survivors. Being anti-American doesn't help their movement in the first place, it simply polarizes the issue even further. Nevertheless, they fail to recognize that 9/11 is not a platform in which to exploit national issues. Some players elected to lock arms, with some even holding up their fists to refer to the Black Power movement of the past and the anti-police brutality movement of the now.

While I still believe 9/11 shouldn't be used as a platform in which to display a protest, a change in the presentation of their protest that also honors the victims is clearly better than some of their kneeling counterparts. I'm left wondering how their actions have damaged their protest. Those who may support the Black Lives Matter movement or any movement against police brutality or racism are left choosing between the movements themselves or loyalty to their country. To some this may seem like Kaepernick and others are against the country, and a lot of people don't like that.

In in the months after September 11, 2001, a rejuvenation of nationalism overcame the country. People came together, despite individual hardships, to protect the one thing they all shared, the United States of America. I don't believe it is too hard to do the same every September: put aside individual differences in a country filled with diversity and unite under the one thing we all have in common in order to honor the victims and protect our neighbors from the evils that are out there. Is it too hard to ask for one day a year where we stand together as Americans? Internal issues can be debated and protested the other 364 days of the year.

Butterflies and Orientation Trips

by Peter Yang '20
Staff Writer

I fell asleep on the way back from my orientation trip. As the van made its way home passing through the corn fields on both sides of the road, I relived the many incredible moments with my newly acquainted friends in dreams. All the events manifested in the form of a slideshow as I experienced torrents of emotion all over again. It was only when the trip was near its end that I realized how much I wished it could last and how it triggered an epiphany unexpectedly.

I was never an outgoing person. In fact, I dreaded the trip even before it started because I didn't particularly enjoy group activities, especially the ones involving sleeping in a tent for four nights without showers. To survive the ordeal, I constantly made subtle suggestions to myself that it was going to end soon. I embarked on the journey with a painfully constrained attitude.

During the first two days of the trip, I began a subtle yet steady process of discovering aspects of my personality. Our trip leaders organized a series of seemingly idiotic games that require each first-year to remember other people's names or simply hold others' hands. I never quite understood the purpose of playing these games until I saw people open up a little bit after a few rounds of them. Gradually, they talked more. They talked about their hometowns, the high schools they went to, their dreams and life goals or just wonderful experiences they had in life. All the while we began to develop interest in lives of others, a desire to know the fascinating stories of people whose fates became accidentally intertwined with ours.

Out there in the campground, under the azure velvet decorated with patches of snowy cotton, we are slowly peeling off layers of chrysalis. We rid ourselves of one layer of social apathy and another layer of selfish lethargy. Without social media and the internet, I looked myself in the mirror and saw a face of insecurity and powerlessness. An orientation trip gave me the time and leisure to slow down a bit and reflect upon myself, to train the ability to make genuine social contacts instead of digital ones. Immersed in nature with nothing other than each other, we climbed out of our cocoons, our own worlds, and dug up the lost joy of doing simple things which we buried with our childish years.

Butterflies are social insects, yet a community of butterflies cannot exist if there are only caterpillars. Here on the Hill, we send first-years on their orientation trips in order to help them commence their life cycles as butterflies. The kids who left the school brooding like myself once considered themselves too "cool" to be socially proactive so they wrapped themselves up in a layer of silence and disinterest. Yet those same kids who came back from the trips, though weary and odorous, all have a shiny smile blooming on their faces as they walk shoulder to shoulder with their new companions. In that sense, our orientation trips are not just about loads of fun, but are also about forging a healthy personality as well as a useful skill in each one of us so we can prosper in the years to come. To me, the power of such metamorphosis is immense and it fuels me with passion to enjoy every moment and cherish the people I have come to know.

At times I would think about the night before we returned to campus, see the smiles on everyone's faces through a screen of smoke arisen from a burning bonfire; smell the fragrance of burnt tree bark; hear the melodious ukulele songs and feel the friction between my palms as I clapped on the beat. My orientation trip is going to be the memory of a lifetime.

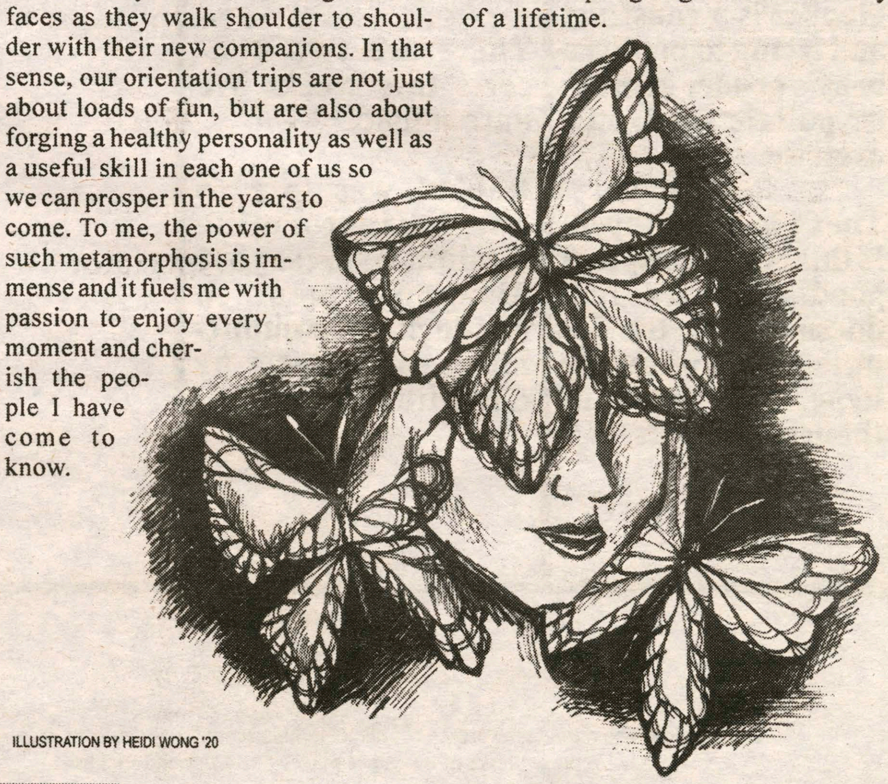
ILLUSTRATION BY HEIDI WONG '20

First-year virgins and college dating: what to know and what to expect

by Emily Steates '19
Staff Writer

Last year, I entered college as a virgin. I was frightened that my lack of sexual experience would both isolate me from my peers and hinder my ability to engage in romantic relationships in the future. I was not opposed to the idea of having sex in college, but I was anxious about being *behind the curve* compared to others in the first-year class.

Portrayals of teen sex in popular culture only exacerbated my anxiety. Movies such as *American Pie*, *Easy A* and *Superbad* all suggest that sex is directly attached to one's emotional maturity and social status. Likewise, songs such as Sam Adams' "I Hate College" made it seem as if sex was one of the only enjoyable parts of an undergraduate's life. He sings, "I hate college but love gettin' laid." By these standards, if you are not having sex, you are missing out on a vital part of the college experience.

However, as I became more comfortable with myself and my new friends, insecurities regarding my sexual history faded. By fostering relationships with people who respected my decisions regarding sex, the social pressures that I felt lessened. It has now become evident that despite the hookup culture that exists at Hamilton (and most colleges around the country), entering the first year as a virgin is nothing to be embarrassed about.

Even though I wasn't aware of it at the time, I was far from alone as a college virgin. According to Kathleen Bogle, Ph.D., author of *Hooking Up: Sex, Dating, and Relationships on Campus* around one quarter of all U.S. college students are virgins. She adds, "even for those who have had sex, the most common number of sexual partners to have had in the past year is one."

If college virgins aren't uncommon, why is the prospect of entering college without sexual experience so daunting? The immense pressure to get rid of one's virginity is not surprising once we consider the lack of dating culture in college. Bogle's book discusses the growing dominance of hookups over romantic relationships at universities around the country. She found that in recent years, students have become much more compelled to have sex before actually getting to know each other. In her book, she includes an excerpt from an article by journalist Tom Wolfe that demonstrates the mentality that many college students have today: "Today's first base is deep kissing …plus groping and fondling and this and that. Second base is oral sex. Third base is going all the way. Home plate is learning each other's names."

She found in her study that while many students may ultimately be looking for an exclusive relationship, they do not pursue those relationships through dating. Often times, a couple will become sexually involved before deciding to become romantically involved. For students who have never had sex before, the prospect of beginning a relationship with sexual intimacy can be extremely intimidating and can discourage them from joining their college's dating scene.

When I spoke with others who entered college as virgins, many shared these fears regarding assimilation into Hamilton's social circles. These virgins felt that their first-year peers would perceive them as juvenile. This created a great amount of anxiety during a year that was already consumed with making friends and possible romantic connections. A perceived immaturity made these students feel both isolated from the rest of their class and incapable of actively participating in college dating life. As a result, a lack of experience was not only embarrassing and frightening, but it fostered an environment in which students felt compelled to have sex for all of the wrong reasons.

Despite the fears expressed by some virgins that they would be perceived as immature, I believe that waiting until you are ready to have sex—whether that be before, during or after college—can actually show an increased level of maturity. Adhering to your own level of comfort, despite social pressures to engage in sex, is a sign that you are capable of introspection and self-respect. Conforming to norms of sexual activity solely to fit in or to boost your social status, on the other hand, indicates that you value other student's perceptions of you more than your own emotions.

Students can hold off on having sex for any number of reasons, ranging from religious or moral objection to precaution against pregnancy or STIs and STDs. However, simply waiting for the time and place that a person feels most comfortable is an equally valid concern that should be respected. No person should feel obligated to have sex before they feel completely ready to do so. Sex is a very enjoyable experience, especially if you are positive that it is something you are comfortable doing.

Entering college as a virgin can be intimidating. However, the embarrassment and social pressures that accompany a lack of experience may seem trivial once you are surrounded by those within our community who will not define you by your sexual history. Past decisions about sex only hinder your ability to participate in Hamilton's social scene if you allow them to. I have found that once you dive into the Hamilton community, you begin to realize that the college expirence encompasses so much more than sex, and being a virgin

Thumbs Up	Thumbs Down	Who Cares?
Cornel West Was Here: He was here in maybe the most niche and bizarre context imaginable, but he was still here. **Blac Chyna & Rob Kardashian are having a girl… just kidding! Gender is a construct and trying to predict a baby's gender identity is a pointless and futile exercise.** **The Cider Mill is open: Is this place really that good? Honestly, Tara doesn't think the donuts live up to the hype. Send us your thoughts/insults.**	**Fire safety inspections begin soon: time to send your RA passive aggressive e-mails about your tapestries even though they don't make the rules and are literally just trying to do their jobs** **There are two concerts this week: We hate music.** **Rachel was late to our brainstorming session: Express your disappointment in her lack of commitment and respect by e-mailing ralatalo**	**Caring is in.** **Gone are the days of affected aloofness.** **It's time to buy into earnesty culture.** **Care.**

by Rachel Alatalo '18 and Tara Cicic '18

Disclaimer: The opinions expressed in this column are purely of a satirical nature, and are not representative of the views of *The Spectator* editorial board.

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September 15, 2016

Cider Mill returns with new treats

BY MICHELLE CHUNG '20
STAFF WRITER

As many students on campus may already know, the Cider Mill, located just down the Hill, opened last Tuesday Sept. 6th. A local favorite, it was ready to satisfy the needs of hungry college students and people all around the Clinton area. The place becomes so popular that 30,000 apples are crushed every single weekend to create fresh apple squeeze, donuts, pies and dozens of other mouth-watering options. With tons of appetizing choices and such a friendly and welcoming work environment, every student should visit the Cider Mill before the season ends.

The Cider Mill has been a popular site where customers have enjoyed freshly made apple products since 1927 when it was owned by the Wentworth family. The current owners, John and Mimi Fehlner, bought the Cider Mill in 1998 before it was slated to be demolished, while their son Ben and daughter-in-law Laura began working alongside them eight years later.

In order to make their products, the Fehlners use the *hydraulic* press that was bought by the original owners of the Cider Mill, which customers see as soon as they walk through the door. Every batch, 3,000 apples each, is washed thoroughly in a custom machine before being taken to an apple elevator, where they travel upward to a grinder (their skin, core, seeds and stem still intact before reaching the grinder) and become applesauce. A layer of applesauce is then tightly enclosed in a cloth, and ten cloths (called a cheese) are pressed and strained to create pure, delicious apple squeeze.

While the more popular products among Hamilton College students tend to be the sweet apple squeeze and the cinnamon sugar-flavored cider donuts, the Cider Mill has much more to offer.

"We always have something new to provide," the son of the owners, Ben Fehlner, commented. "We have new cookies every year; we have soft pretzels this year, which are new, as well as maple popcorn, which is really good. So it's an adventure every year."

But what truly makes the Cider Mill so special to the dozens of college students who visit every weekend and the hundreds of other individuals, families and groups in the area? Ben believes the uniqueness of the Cider Mill comes from the feelings of community that the Mill brings.

PHOTO BY MICHELLE CHAPMAN '17

Recently, Clinton Cider Mill opened its doors for fall.

PHOTO BY MICHELLE CHAPMAN '17

30,000 apples per week go into the Cider Mill's products.

"It's not the kind of place where you just come for the stuff. It's where you come for the environment and the atmosphere. I love the relationship we have with Hamilton College because we see teams of people, like the field hockey team or the basketball team, every weekend. There's also a professor who will hold classes or discussion groups on the porch every once in a while.

"For me, what makes it special is that it's part of the community, and it has such a rich history that there's something for everybody. You have the little kids who love to see the machinery and eat the donuts, and the older guys who remember being here when they were kids, so everybody has something they can enjoy. Rather than a commercial enterprise, the Cider Mill is a community more than anything."

Every student should make the short walk or the even shorter drive down the Hill to experience how wonderful the products from the Cider Mill taste or to speak to one of the kind workers and ask about the food-making process (especially before the season ends).

PERFECTIONISM: WEIGHING THE TRADEOFFS

by Londa Sniderman '19
STAFF WRITER

BY HEIDI WONG '20

College students experience a unique set of stressors. Many of us know the pre-exam anxiety all too well and have ground our teeth with guilt about neglecting the gym for two weeks. For perfectionists, however, these familiar stressors take on a new meaning.

Perfectionists tend to hold themselves to impossible standards—or, if not impossible, standards that can only be met with great difficulty. Often, the reward of achieving these standards is negligible compared to the depression that comes with falling short. This focus on avoiding failure is toxic.

Perfectionism strongly correlates with anxiety, eating disorders and other mental health problems, and this makes sense—any branch of life where there's room for control is fair game for perfectionists to obsess over.

But alas! There's a fairly simple principle that can help perfectionists curb the exhaustion of unrealistic standard-setting. This principle is the weighing of tradeoffs.

A tradeoff simply refers to the giving up of one thing in return for another. Every time we cram for an exam until 3:00 a.m. instead of getting a good night's sleep, we trade our health for the desired outcome of a better exam score.

When struggling to decide between attending a social event and spending the afternoon in the library, we face a tradeoff. Understanding the importance of balance in the daily tradeoffs we encounter is a way for perfectionists to find peace of mind while maximizing their productivity.

Picture this: every morning at 9:00 a.m., a Hamilton first-year—Sarah, we'll call her—has calculus class. Her daily wake-up time is 7:00 a.m. so that she has enough time to review her notes. Sarah allots this time because she believes that any minor mistake is reflective of ill preparation. What Sarah does not understand is that she can maximize her performance by considering this daily tradeoff more carefully. If she wakes up at 7:45, she strikes a balance between sleep and pre-class preparation, maximizing her attentiveness in class.

John, on the other hand, is a junior at Hamilton who holds himself to extremely high standards of physical health and academic achievement. The gym, for John, is a daily mandate. His exercise tendencies not only take away from his homework time, causing him to work late hours into the night but also drain his energy and his alertness. John can still maintain great physical health by switching to a gym schedule of three times a week and devoting the remainder of his time to resting or academics instead.

Finding balance as a college student is essential to that success that is so coveted by perfectionists. Weighing priorities from a realistic standpoint can be difficult, but understanding the notion of tradeoffs is a great place to start.

The next time that you agonize over possible spelling mistakes in an email to a professor or find yourself allotting copious amounts of time to relatively minor priorities, take a minute to consider the opportunities for all-around wellness that you might be sacrificing by not successfully weighing tradeoffs.

SEX & the Campus: Boundaries of Exclusivity

by Sawyer Frisbie '19
Staff Writer

It's Thanksgiving. You're sitting around the table with extended family that you don't see often enough for the type of personal questions they ask you. To me, it's a dodgeball game. They're whipping fast balls at you left and right: "What are you majoring in?" "Oh, and what can you do with that?" "Any jobs lined up yet?" So far it's a success. You're diving, dipping, dodging, successfully avoiding confrontation while simultaneously convincing your parents and your family that you have your life together. Feeling pretty comfortable, you breathe a sigh of relief and reach for the gravy, but, just as your turn your head, you're smacked right in the ear by the one fateful blow: "So, are you dating anyone?"

BY HEIDI WONG '20

There it is. The one you've been dreading all night. To your Aunt Janie, this sounds like a simple 'yes' or 'no' question. In reality, the response is more layered than the pearl onions in front of you, and, just like those pearl onions, it's better left in your aunt's ugly serving dish. The question is out there now, though—there's no avoiding it, even if you don't know the answer yourself.

"What's the difference between dating and being exclusive?" you may ask. The answer is, I have no idea. To try to answer this question I had to turn to an external source: my big brother. I texted him the question, no context included, and without questions he proceeded to send me paragraph after paragraph of responses. Apparently, my brother was taught by my uncle that dating means two people are seeing each other—"co-mingling"—but are still on the lookout for other potential candidates. My brother, on the other hand, 23 and a recent college graduate, defines it as "not putting [his] P in another girl's V," claiming this makes him a "little more of a romantic than [our] uncle." If his answer helps you, power to you. To me, it made limited sense, but, as his little sister, I kept my thoughts to myself, hoping he would provide a little more clarification. Of course, he didn't, but at the end of the conversation, I think we might have come to an agreement, or I might have just stopped listening...Sorry, big bro.

At the end of the day, the difference between dating and being exclusive lies purely in you and your partner's interpretations. I say you and your partner's because, no matter what situation you feel that you are in, it is a two way street. You can't date yourself. Any relationship, whether it be dating, exclusive, even just a friendship, requires communication. It's important to be very open and honest about expectations and hopes you have for your current relationships and future ones. Knowing exactly where your partner stands and how that lines up with where you are will help determine whether or not you two are truly compatible. If one of you is thinking about marriage and the other one isn't ready to commit, it's important that each partner is aware of those feelings so that they can make decisions about how to move forward.

It's easy to get comfortable with your partner and to fall into a routine to the point where you assume that you can read each other's minds. I'm here to pop that bubble. You can't. You need to communicate. Once you do that, it doesn't matter what Aunt Janie thinks, or whether or not she even understands. Aunt Janie can worry about her own love life.

If you have any doubts about where you and your partner are in the dating/exclusivity realm, schedule a time, sit down and talk about it. If you've already had the conversation—amazing! Be sure that every once in awhile you touch base again. Things change quickly in college, and our time here is fleeting, so keep checking in with your partner to make sure the path that you're on is the one that makes both of you the happiest. In the meantime, send my love to Aunt Janie.

Where are they now: Hong Kong to Hammy

by Claire Chang '19
Staff Writer

I found out about Hamilton through a Google Search that was something along the lines of "good liberal arts colleges, United States." The idea of attending, one, a school in the United States, two, a non-research university and three, a school not located in a metropolis was so outrageous in my home city of Hong Kong that my high school guidance counselor forced me to give her an essay rationalizing my unconventional choice. Only if she deemed my response acceptable would I be "allowed" to apply. Looking back on that experience, I find another reason for choosing Hamilton: here, instead of being asked, "Why?" you are asked, "Why not?"

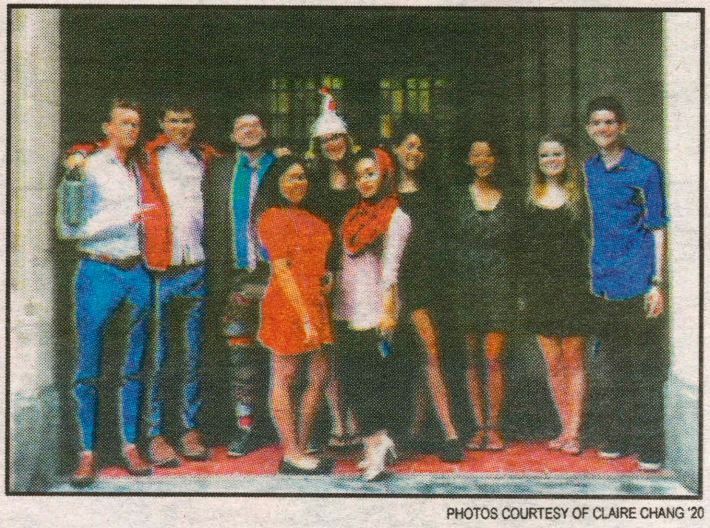
After a thirty-six-hour journey—complete with flight cancellations, reported shootings and a night's campout in the Greyhound bus station—I am officially on Hamilton turf. High-rise skyscrapers renovated on the daily have become brick houses of a bygone age. Whereas weeks ago I woke up to drilling over the whir of my dehumidifier, today I wake up to birds chirping and still cannot get over the fact that my roommate brought a contraption intended to add moisture to the room. My new Ghanaian friends and I still struggle to discern Fahrenheit, and, while they multiply by four to convert dollars to cedis, I multiply by eight to convert to yuan.

Hamilton College, as I have found, also opposes Hong Kong in terms of culture. A keep-to-yourself, don't-ask-stupid-questions disposition pervaded my high school. Even now, blatantly saying, "Hi," to strangers is a foreign concept to me. Interestingly, however, arrival in Hamilton has left me with a stronger sense of belonging to Hong Kong. If you asked me where I had come from, I would have given the whole my-mom-is-from-Indiana-and-my-dad-is-from-Mainland-China-but-I-grew-up-in-Hong-Kong-but-speak-Mandarin-not-Cantonese spiel. Here, however, I am indisputably a Hong Konger. And for once, this label has done me nothing but good. Political tensions between Mainland China and the Special Administrative Region of Hong Kong have made it tricky to proudly announce one's background. At Hamilton, people do not question my home for a second and instead shower me with questions stemming-from genuine intrigue: "Wow! What's it like there? How far is it from here? Do you eat Dim Sum?" When people ask, I try to give the most precise answers possible. And if I don't know, I make up answers that best depict the image I've carefully painted in people's minds. I try to portray Hong Kong as a pretty cool place.

I still catch myself from time to time, taken aback that I am actually here, on a campus that I knew only through Youtube videos and virtual tours. I doubt that I will ever be completely convinced. Nevertheless, just as I had developed a new sense of attachment to my old home, I have a new home entirely.

Claire visits downtown city and enjoys the sites.

Playing at the table of her childhood home, she poses.



PHOTOS COURTESY OF CLAIRE CHANG '20

Finishing orientation week, Claire poses with new friends.

Tinfoil time at Conspiracy Theorists meeting

by Grant Hamilton '18
Staff Writer

I followed sounds of an *X-Files* theme-song trap-remix to a room full of people wearing tinfoil hats. This was the Conspiracy Theorists' meeting, and I had the pleasure of attending this year's first meeting. Although I expected pasty men with too much time and Cheetos' crust on their hands, I was greeted by a variety of friendly and familiar faces. I voted in their poll asking whether extraterrestrials other than Ted Cruz serve in the U.S. Senate then took a seat.

After introductions and a tinfoil hat making tutorial, (one can never be too careful when it comes to brainwaves), we watched YouTube videos of pasty men in front of green screens talking about life on Mars. Although this meeting was dedicated to aliens, the club explores new topics each time. Alternate dimensions, reptilian overlords and Tupac's current whereabouts were all mentioned, as well as an entire week devoted to JFK conspiracies. The co-presidents, Kate Houghtaling '16, Isabel Grieder '18, Aaron Collins '19 and Sophie Dizengoff '18, recognize that conspiracy videos, no matter their levels of validity, are entertaining. The dedicated YouTubers who see documenting conspiracy theories as something of a civic responsibility publish content that ends up being more humorous than they may expect, much to our delight. YouTubers partially satisfy the co-presidents' "fascination for weird people," and Ted Cruz does the rest.

Between each video, students posed mind-blowing "What if…" statements, to which non-believers would reply with such arguments as, "Because that's wrong," or "Because science." The club's co-presidents encouraged us to approach topics of discussion skeptically but as open-mindedly as we could manage. As fun as watching conspiracy videos may have been, the best part of the experience was the conversation. The co-presidents created an informal and intimate setting in which participants did not shy away from voicing their curiosities or criticisms. The room was full of laughter and students came up with original theories that were genuinely clever.

All this amounted to what was the most enjoyable club meeting I have ever attended. Although we never came to a solid conclusion on aliens, we still accomplished what the co-presidents hoped for: funny yet thought-provoking conversation. The topics discussed in meetings are engaging because 18 other perspectives are present. The Conspiracy Theorists do not just laugh anything off, but they do not take anything too seriously either– again, I wore a tinfoil hat during the meeting. During my conversation with the co-presidents after the meeting, it was clear that they are educated, amicable and organized. They are not paranoid or diehard conspiracy creeps— they are peers who believe in science but enjoy considering the far-fetched.

Looking forward, the co-presidents hope to receive a club email from Student Assembly and funding for tinfoil. A field trip to Area 51 was also discussed, but who knows whether Student Assembly will sign off on funding for it. The co-presidents devote much of their time to, and carefully plan, each meeting, but they still see its founder, Catherine Conroy, '16 as the club's heart and soul. The co-presidents had endless praise for Conroy and cite her as a major reason for their involvement. Conroy's successors also emphasized her great sense of humor— I always got a laugh out of her emails and am told she could make tinfoil into a pope hat like no other.

I ended our conversation by asking the co-presidents whether they were aware of any conspiracy theories related to Hamilton College. They said that Alexander Hamilton may be in suspended animation and can neither confirm nor deny whether our new president is a reptilian humanoid sent to turn the Continentals into human batteries. They did however tell me a ghost story. Apparently the defunct swimming pool beneath Couper Hall is haunted by a slighted lover. Who knew? I also asked what their thoughts are on UFO-denier and recent Great Names Series speaker Neil deGrasse Tyson. Although the co-presidents believe in science and are big fans of the astrophysicist, they still had to remind me: trust no one.

PHOTO COURTESY OF MICHELLE CHAPMAN '17

Members of the Conspiracy Theorists begin by ensuring safety with tinfoil hats.

From Where I Sit: A Transfer Student's Story

PHOTO COURTESY OF RACHEL ZUCKERMAN '19

by Rachel Zuckerman '19
Staff Writer

PHOTOS COURTESY OF RACHEL ZUCKERMAN '19

Rachel bonds with new Hamilton friends.

Know thyself. Of course, that's the goal. But how many seventeen-year-old students can truly say they do? I thought I did. I thought I knew what I was looking for in a college, thought I knew where I wanted to go and yep, you guessed it: I was wrong.

Now, I could blame this on a lack of knowing myself, a faulty guidance counselor, parents who didn't want me to go too far away or just about anyone else. The truth? I was lazy and indifferent to the entire process. Where did that land me? The opposite of where I soon came to realize I wanted to be.

But here I am. Let's get the obvious questions (that I've now been asked a hundred times) out of the way: I transferred because my previous school was not the right place for me. Not the right vibe, not the right people, not the right academic setting. No, I am not a first year. Yes, I was just as nervous to start this year as I was last. And yes, I love it here already.

I could tell you that I knew this was the place for me when I drove up to campus and saw students cheering, dancing and making absolute fools of themselves (in the best possible way).

I could tell you that I knew Hamilton was home when I said goodbye to my family and was scooped up by my three roomies to go play games on the football field. But that would be the perspective of a first-year. I ain't no first-year.

Experience differentiates a transfer from a first-year. We've done the newbie thing: we've joined all the clubs, made friends with the people in our hall, gained the freshman fifteen (and subsequently lost it), taken a few classes, pulled more than a few all nighters, learned not to wear a lanyard around the neck (hint hint, wink wink) and come to the realization that we can do better. Hamilton is our better—or so we hope.

Transferring from one college to another is arguably more difficult than starting as a first-year because, among other reasons, there is no guarantee that it'll be better. As I went through the process of applying to college a second time, a family friend reminded me that nowhere is perfect and while she believed the schools I was applying to this time would be a better fit for me, nothing is guaranteed. Ever.

After all, going in as a sophomore means that the other 500 students in your class have already settled into their groups, communities, clubs, what have you. Transferring means starting over, again. It asks a little extra of you—socially, academically, emotionally. You have to be willing and ready to take it. Both the good and the bad.

Well, I'm one of the lucky ones. In just the three short weeks that I've been on campus, I already feel way more at home than I ever did during my first year. It's the people. The people who aren't afraid to play a silly game and look like fools in front of 500 strangers. The people who decide to drive three and a half hours on a Saturday morning to climb Algonquin, because why the s**t not? The people who sincerely want to get to know you and aren't quick to judge. It's the classes. It's being able to learn about things that genuinely interest you. The classes in which you can look around and know you're in good company.

Perhaps my view of Hamilton is romanticized. It is quite possible that I only feel the way I do because of where I came from. It could be the any-pizza-is-good-pizza-when-you-haven't-had-pizza-for-three-months phenomenon. Either way, happiness is happiness.

Grammy-nominated baritone Jubilant Sykes awes audience

by Edgar Otero '20
A&E Contributer

The Hamilton community was in for a treat this past weekend. The Schambach Center for Music and the Performing Arts presented a concert that featured Jubilant Sykes, a world-renowned baritone singer, in Wellin Hall.

Sykes is known for his unique repertoire of songs influenced by a classical, jazz and gospel musical background.

Christopher Parkening, classical guitar virtuoso, and Mark Rice, pianist, accopanied Sykes.

Sykes opened the show with "Motherless Child," an original piece that showcased his powerful, awe-inspiring voice. His voice delighted the audience, comprised of Hamilton students and faculty and Clinton residents alike. The passion behind his song was evident to all in attendance.

Parkening's fluid guitar strumming complemented Sykes's strong, hall-rocking vocals.

The diverse styles of music performed by Sykes included Brazilian arrangements such as "Cacador" by Laurindo Almeida and the traditional "Boi Bumba," alongside Spanish compositions such as "Pampano Verde" by Francisco de la Torre and "Granadinas" by Tomas Barrera and Rafael Calleja. Although pieces like these were sung in Portuguese and Spanish, respectfully, Sykes conveniently discussed the significance of each song before singing them. Not one to shy from audience interaction, Sykes sought to engage with his listeners by expressing his sense of humor throughout the spectacle.

PHOTO BY DAN TU '20

Guitarist Christopher Parkening joined Jubilant Sykes for a concert that left the audience breathless.

Listeners also had the opportunity to hear Parkening as a soloist on select classical guitar pieces, including "Koyunbaba, Op. 19" and "Moderato," both by Carlo Domeniconi. Parkening's crisp, smooth guitar flavor was a refreshing addition to the show. The sheer intensity and focus with which he plucked and strummed his stringed instrument was a thing of wonder, and a great way to ease listeners into the intermission period.

In the second half of the concert, Rice provided a sweet piano backdrop for Sykes to continue drawing the audience in with his otherworldly vocal range on selections including "Lamento" by Rique Pantoja and the Latin-inspired "La Rosa y El Sauce" by Carlos Gustavino. Although a decent amount of his music was sung in a foreign language, the fluency with which he sung them would make a believer out of anyone in the audience.

Coming from someone who never experienced a concert of this genre before Saturday, a sincere appreciation for the style and culture of this music grew inside me, and I can see my musical taste expanding because of the utter beauty I heard throughout the night. And I know I was not the only one in the audience that night just as eager to learn more about that unique array of music on display.

Jubilant Sykes, Christopher Parkening, and Mark Rice left the audience breathless.

To anyone apprehensive about attending a concert blind to its genre, I say, go for it.

Chances are, the benefits will be worthwhile, as they were for me.

Women to Watch: Females on TV

by Ally D'Antonio '20
A&E Contributer

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TV Show: *Gilmore Girls*
Network: WB/CW
Seasons: 1-7
Actress(es): Lauren Graham, Alexis Bledel, Kelly Bishop

Background Info:

In a show called *Gilmore Girls*, one would assume that the strongest female roles would belong to the show's lead characters, Lorelai (portrayed by Lauren Graham) and Rory Gilmore (portrayed by Alexis Bledel).

While these women are two fierce characters, every actress on the show adds something special. Some of the highlights, other than the three "Gilmore Girls" themselves, include Rory's best friends, Lane Kim (potrayed by Keiko Agena) and Paris Geller (potrayed by Liza Weil).

Lane, a tomboy rock and roll drummer who defies her mother's expectations and decides that it is more important to be herself, becomes a great inspiration to girls who experience a generational gap between themselves and their parents.

Unlike Lane, Paris serves as a cautionary tale. She is driven to an extreme wherein she does not know how to accept failure or competition without letting it consume her.

However, Paris regains her humanity, as we see her deal with important milestones such as finding true friends, attending college, facing rejection, and losing of her virginity.

Overall, Paris has one of the most powerful character arcs. She goes from a classic high school mean girl to a true, loyal friend.

Lane and Paris, along with Lorelai, Rory and all of the supporting cast, demonstrate the show's representation of a diverse array of women.

Why You Should Watch:

Lorelai and Rory Gilmore have one of the most unique and beautiful mother and daughter relationships ever depicted on TV.

Lorelai, a single mother who got pregnant at 16 and struck out on her own, makes a life for herself (at the beginning of the show she runs a successful inn in her beautiful small town).

On the other hand, Rory, a brilliant young girl, works incredibly hard in life to make her dreams (i.e. to attend Harvard) come true.

Emily, Lorelai's mother (portrayed by Kelly Bishop), is the matriarch of the family that Lorelai left. Despite the fact that her actions usually have negative effects, Emily does care deeply for her daughter and granddaughter.

However, it is not the women's paths in life that make them so incredible to watch.

Instead, the connection that the three actresses foster feels so real that it is as if viewers are watching real people live their lives.

The spectacular performances by Graham, Bledel and Bishop (coupled with their lighthearted, witty verbal exchanges) create such an incredible show that anyone, man, woman or child, can find something to love about the show.

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3,600 seconds of mind-blowing beats and future repeats. Although you probably don't know this music yet, these tracks are sure to develop your tastes and make an appearance in your Spotify favorites. With tunes ranging from electronic chillstep to bohemian indie rock, this station is certain to fit with any mood.

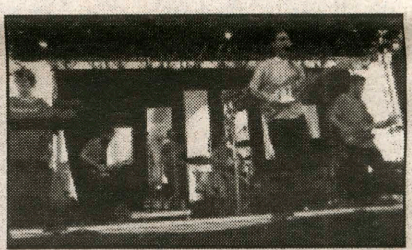


PHOTO PROVIDED BY LEENA HERNESNIEMI, DISTRIBUTED UNDER A CC-BY 2.0 LICENSE

Architecture in Helinski performing in Finland in 2007.

Typical Playlist:

"Powers"
– Lostboycrow

"Superstitions"
– Misun

"Heart it Races"
– Architecture in Helinski

"Bad Blood"
– NAO

"Give It to Me"
– HOMESHAKE

Established in 1941, WHCL is a non-profit, student-run, free-form radio station. Located atop College Hill in the beautiful village of Clinton, New York, it boasts 270 watts of power and runs 20 hours a day, 7 days a week.

Response to: *Hollywood's Alarming Lack of Creativity*

by Alex Witonsky '17
Staff Writer

In a tirelessly nostalgic and nostalgically tiring article on "Hollywood's Alarming Lack of Creativity," goon and my fellow Chinese Major Matt Burner '17 writes on the important issues of cinema and national pride. While this specific instance of intersectionality occurs perhaps in the corn-sane gloom of Amerikkka's heartland imagination, where collisions end in fender-benders and not fatalities, it's still a morbid prognosis for empire and its creative capacity. Through Burner's piece, we may learn that *Jaws* has had a tooth extraction, that once-prince Spielberg's crowned head has gone the way of Kanye and Condo and that the American populace is simply "no longer interested in spending the money." Best to leave summer blockbusting to the diligent professionals at work beneath Second Avenue.

So is the dream over? Shall us white-folk join hands and share in a final scream before curtain-fall?

No, not really. Not at all.

To say nothing of Matt's perception of Hollywood's creative demise, his claim that Americans aren't willing to s(h)ell out is wrong. Despite the rising cost of tickets, the American box-office posted a record-breaking revenue of $11 billion in 2015, largely a result of the commercial success of Disney and Lucas Arts' new iteration of space-lasers and Universal's *Jurassic World*.

But it wasn't only America's box-office that set records. Up from $36.7 billion in 2014, global box-office revenue in 2015 set an all-time record of approximately $38 billion, according to a 2015 report from The Hollywood Reporter. And, to the chagrin of unpersuaded fatalists, Statista reports that global box office revenue is expected to rise from 38.3 billion in 2016 to 49.3 billion in 2020, an increase of approximately 22 percent.

The growth of foreign film-markets explains Hollywood's act of creative barratry, its sea-change from pandering to a nation to pandering to nations. *Fast and Furious 7*, *Warcraft*, *Zootopia*: they're designed with foreign currencies in mind and damn the home continent…I mean really chief, we saw Pixar's *Inside Out* together last year in Shanghai, albeit embarrassingly in one of those shared love seats, the result of a translational error, no doubt, and also a consequence of the choice's unlucky presentation–how could you not come to this obvious conclusion before me?

Happenstance and bad memories aside, China's short-term mastery of a market economy is chronologically connected to the belated explosion of his silver-screens and consequently, Hollywood's spiral-eyes.

During the halcyon summer of 2012, when *Avengers Assemble*, *The Amazing Spiderman* and *The Dark Knight* were unleashed upon the public, China was surpassing Japan as the world's second-largest movie market, claiming US $2.69 billion in box-office earnings by year's end. Yet, of those sales, foreign imports–primarily from Hollywood–claimed over 50 percent of China's gross ticket revenue, according to Journey to the West: Chinese Movies in the Global Market. In moviespeak, this is just the beginning for Hollywood's relationship to China. In 2015, MSN Money reported that the PRC box office grew a dizzying 41 percent to $6.78 billion. According to an industry-analyst at Comscore, China's box-office may churn out more than double the amount of American box-office revenue by 2030 and surpass the American market by the end of 2018 (two years!).

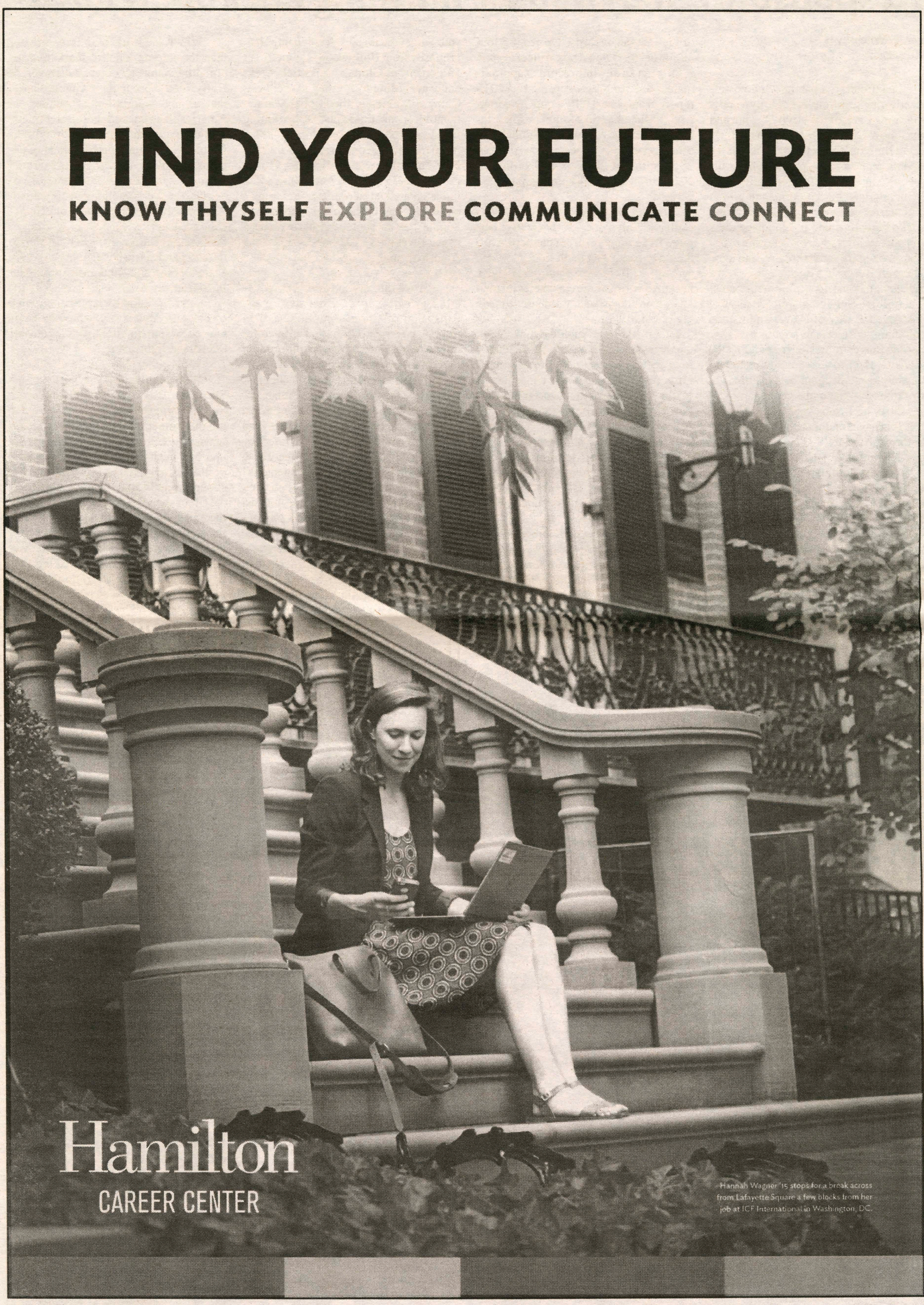
Part of the reason for this skyrocketing growth can be attributed to the expansion of China's middle-class. In a 2013 paper on Chinese white-collar moviegoers' interpretation of product placement in Chinese commercial films, it was reported that this group "watch[es] movies more frequently than other social groups" and that "[it] has significant consumption power, which makes it an attractive market segment coveted by marketers and advertisers," according to Journal of Promotion Management.

So, if Matt's perception is correct, that this summer's flicks were not just an unlucky yield, but an index of something wrong (the Chinese middle-class' tug on the American market), then he'd sound a lot like David Hancock, Head of Film and Cinema at IHS Screen Digest: "They're making films that have fairly universal ideas and themes, they're not really culturally specific."

Which leads us to an issue greater than the international re-marketing/re-branding/watering down, whatever of Hollywood's products, (Angela) baby: that of the exportation of culture, of Americanization and cultural imperialism. In a country whose foreign adventures have demonised Others, weaponised police forces and generated naught but the race-based executions of bodies, there is something deeply disingenuous about Hollywood's plastic becoming America's makeup. No matter the fact that Darren Seals is found burning in a car, Russia and China can watch Liam Neeson and Rihanna star together in *Battleship*. Cast Jiang Wen for *Star Wars* and we'll finally have constructed a not-quite equal space where all races may coexist in the friendly antagonisms of crossed lightsabers.

Well…

While doing the limbo under the Shanghai TSA, our bags bloated with high-powered blotter acid, it occurred to me that sometime in a not-far-off later, when the afternoon's anxious cacozelia had been distracted with Qingdao or nipple-looking dumplings or another shopping mall, that the cacodaemonical tilt of the stuff would at last kick. In the shade of the Shanghai Tower, or in the sun across the River Bund, where a widened eye looks back across the water to trace the pixelated shaking of a snake's tail across Citigroup tower, allowing gonzo excess to give way to hot truth: a little sickle, a smaller hammer, both flashing.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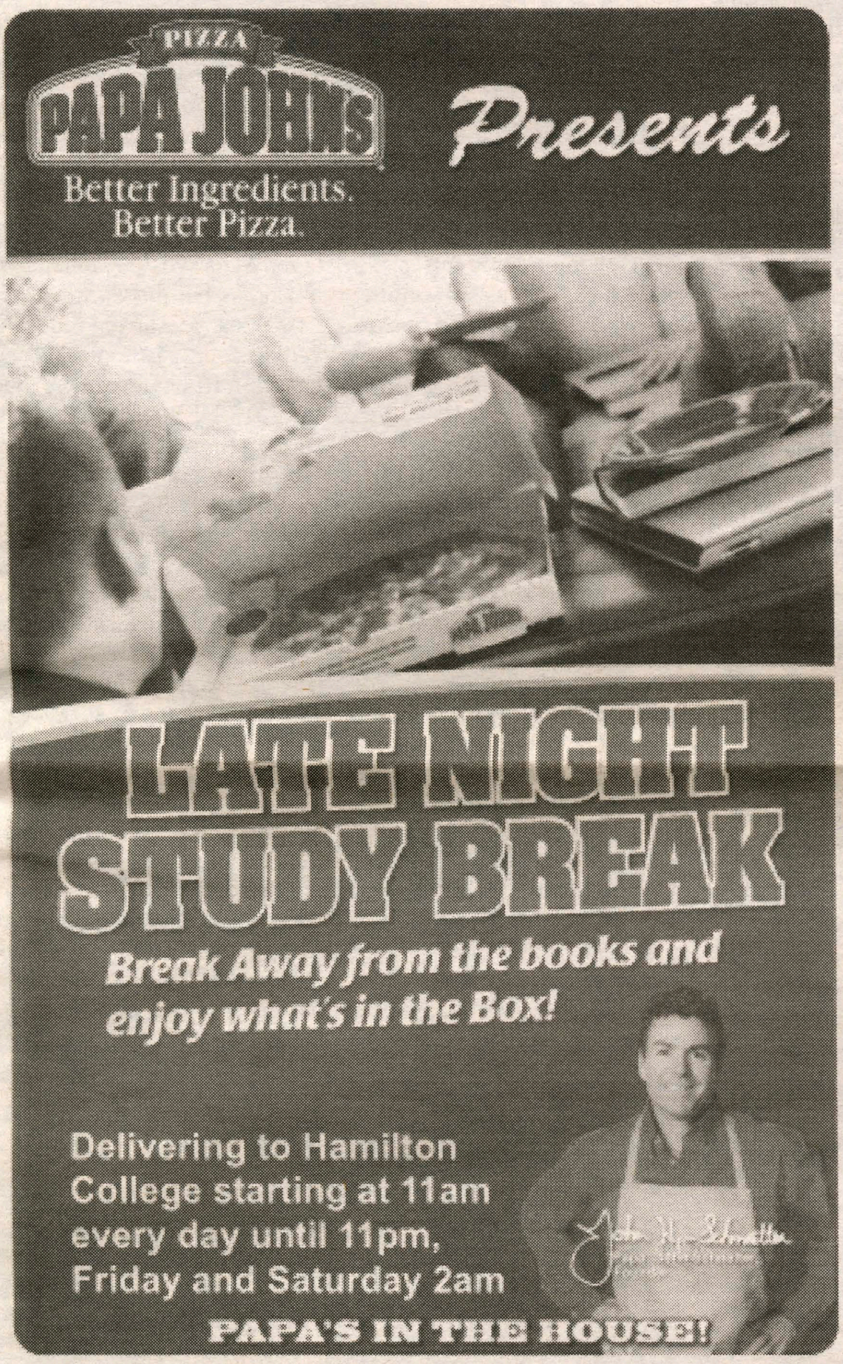
Hamilton
CAREER CENTER
Hannah Wagner '15 stops for a break across
from Lafayette Square a few blocks from her
job at ICF International in Washington, DC.



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Men's soccer secures Coach Nizzi's 150th victory against Bates

by **Grecia Santos '20**
Staff Writer

	1	2	F
Bates	0	0	0
Hamilton	1	0	1

The Hamilton College men's soccer team won their NESCAC opener on Saturday after a disappointing loss to SUNY Oswego on Tuesday in a non-league game. Hamilton finished with a 17-11 advantage in shots against SUNY Oswego and had two opportunities to take a first half lead. Goalkeeper Evan Bogucki challenged midfielder Jefri Schmidt '20 wide of the net on the goal line. Schmidt was able to tap the ball to midfielder Mike Lubelczyk '17 but Lubelczyk's shot into the net was negated by a Hamilton foul. Bogucki was also able to block a Hamilton penalty shot, diving to his right in the 25th minute.

However, Hamilton returned strongly to face Bates College, where the Continentals forced their hosts to concede a goal within the first four minutes. Mid-fielder Lubelczyk scored the game's only goal, assisted by Alex Cadet '17. Cadet marked the first assist of his career and Lubelczyk booked his first goal of 2016 and third of his career. Although there was only one goal, the Continentals put lots of pressure on Bates goalkeeper Robbie Montanaro, forcing him to make five saves, four of which were in a four-minute span during the second half. Before halftime, Bates put forth a great effort, hitting the post after a shot by Eric Opoku was blocked. However, Hamilton's defense was strong and goalkeeper Harris Pollack '17 made four saves, recording his ninth career shutout. Pollack stopped a bicycle kick in the 84th minute, successfully blocking Bates' last chance at tying the game. Hamilton now leads the all-time series 4-1-1 with the Bobcats.

PHOTO BY ERIC LEE '18

Aidan Wood '20 and Lukas Puris '20 compete for the ball.

Defender Jose Torres '20 shared his thoughts on the game, saying, "The game was very intense and hard-fought and we deserved the win for being the better team." Forward Matthew Casadei '19 added, "After a disappointing first loss at SUNY Oswego, the team bounced back with a convincing win away at Bates. With multiple returners injured and a large group of first year players, the team has melded very quickly both on and off the field. We have a five home game stint coming up and are looking forward to seeing some home support as we try to build a strong record in the conference."

Hamilton's win against Bates also marks the 150th Hamilton victory for Coach Perry Nizzi, who is currently in his 19th year as head men's soccer coach at Hamilton College. A native of Rome, NY, Nizzi has led the Continentals to the post season ten times, as well as four trips to the NCAA Division III championship and the 2013 NESCAC championship quarterfinals. His current record at Hamilton College stands at 150-96-28.

Leading his team to a large milestone early in the season, captain Alec Talsania '17 looks forward to having a successful NESCAC run. Three of the next five matchups are NESCAC conference games, so Hamilton will be striving to put up a strong defense and a solid winning streak. The Continentals's next five games are all on home field, where they will face Trinity College, Oneonta College, Ithaca College, Connecticut College and Middlebury College. The Continentals host Trinity College next on Sept. 17 at 1:30 p.m. on Love Field.

Three stars of the week

Emily Dumont '18
Women's Soccer

Although Emily Dumont started only three games in net for the Continentals last year, she has already started in the first two game of 2016. In those two games, in which the Continentals went 1-1 against NESCAC opponents Williams and Bates, Dumont made 13 total saves, including a career-high seven saves against Williams. Dumont yielded just four goals on the 17 total shots on net, good enough for a 0.765 save percentage. If Dumont can maintain her strong performance in goal, the Continentals will be very competitive in the NESCAC.

Eva Rosencrans '17
Field Hockey

In the field hockey team's first three games, Eva Rosencrans has amassed six total points. Having scored three goals and assisted on three others, Rosencrans has been the centerpiece of the Hamilton offense. Rosencrans ranks second on Hamilton's all-time list for both goals and points, with 40 and 88, respectively. This Saturday, the Continentals begin a critical stretch in which they play three consecutive NESCAC home games over the course of a nine-day period. In these all-important games, Rosencrans' success will be imperative in order to secure victories.

Erin Donahue '18
Volleyball

Over the weekend, the Hamilton Volleyball team competed in the 2016 University of Rochester Volleyball Invitational. While the team finished 1-2 in the tournament, Erin Donahue was one of ten players selected to the all-tournament team. Donahue finished the tournament ranked eight, with 2.50 kills per set. Donahue also recorded 16 kills, along with 11 digs, in the team's first match against Morrisville State. Donahue, an outside hitter, is a crucial component of both the Continentals' offense and defense and looks to continue her success as the team enters conference play.

NESCAC football consistent with trend of larger players

from Football Study page 16

and these factors are more than enough motivation for athletes to do whatever is necessary (sometimes including illegal activites) for individual and team success on the field. For coaches, football is a profession, and the recruitment and development of larger players is part of their job.

The NESCAC would like to believe that it is a conference where academics are the clear priority with sports as a distant second. The Conference prides itself on its emphasis on academics relative to other Division III conferences, and especially those in Division I. That many Division I athletes could not care less about academics is well known. In 2012, Ohio State quarterback (and undergraduate student), Cardale Jones, famously tweeted that football players should not have had to attend class because "...[football players]ain't come here[college] to play school." While this quote seems laughable, for many athletes, even in the NESCAC, this sentiment is not too far off from how they actually feel. There is a significant contingent of NESCAC student-athletes that views athletics as the number one priority; academics is sometimes seen as a mere nuisance that must be taken care of in order to maintain eligibiltiy to play sports.

Offensive linemen are getting bigger because football requires that they do, and for most NESCAC athletes, football is high enough on their list of priorities that that requirement takes precedence to other concerns. While some may view this as shortsighted, they, and I, view it as sacrificing to achieve a goal.

The authors of the study feel that the increasing occurrence of high body weight and BMI athletes, "is concerning due to the risk factors for adverse health consequences" that heavier athletes may face later in life. The study suggests specific, coordinated efforts to ensure the health of these players after their playing days are over; the authors recommend the creation of "Programs directed at reversing high body weights and BMI in players' postcollege lives" but such a focus seems unnecessary. America has an obesity epidemic and general efforts to combat obesity in the larger population, or even the whole population of a school, are likely a better use of resources than focusing on the small percentage of the population that once played offensive line at the collegiate level. I see no need to focus anti-obesity efforts on former football players.

Similar studies at the Division I and professional levels associated the increased weight of players with increased occurrence of various diseases, and the authors of the study believe that similar associations would be seen in the NESCAC if they were studied. This is hardly news: the knowledge that obesity is associated with numerous ailments is widespread. If anything, former athletes who are still young, are in good cardiovascular shape and have received fitness and nutrition information through their sport should require less assistance than the general population in combating obesity and related illnesses.

Many see the rapid increase in body weight amongst football linemen as negative and the study's authors view the trend as "concerning." I, however, see no issue with athletes, in the prime of their lives, taking completely ethical measures to better themselves in their sport, so long as they are aware of the steps that need to be taken to remain healthy when their playing days end.

The job of an offensive lineman is to move defenders, who are far from small themselves, and, quite frankly, mass moves mass. Gaining weight while following a well-constructed strength training program is one of the best ways for an offensive lineman to improve his game. To many, gaining excess weight for the sake of improving sports performance may not seem worth the trade-off, but to these people football is just a game. To those of us who play, this sport is much more than that. Football molds men; it changes lives. Football is an integral part of who every football player is: even in the NESCAC, members of the football team are not mere students who happen to play the sport, they are football players through and through. While they excel in the classroom as well, for football players, football is a top priority.

Gaining weight is a small price to pay for success in what is, for many, the most important realm of their life. Plus, who would turn down a license to eat as much as one wants?

Volleyball wins two of first four games

by Robert Fitzgerald '20
Staff Writer

After winning their season opener at Morrisville State three sets to two, the Hamilton volleyball team went 1-2 this past weekend at the University of Rochester Volleyball Invitational to finish the week with a 2-2 record. The Continentals would be 1-3, however, if not for a thrilling comeback victory against St. John Fisher in the second match of the tournament.

Down two sets to none, things looked dismal early for Hamilton. The visiting Cardinals were having their way with the Continentals, allowing just 34 points through the first two sets. Yet, the home team was able to rally together, winning sets three (25-17) and four (25-20) to narrowly force a decisive fifth set. Playing with all the momentum, the Continentals had no problem finishing the comeback, jumping out to an early 7-2 lead before finishing the deal by a score of 15-8. Comebacks of this nature do not happen everyday. In fact, Saturday's match was just the first match since October of last season in which the Continentals were able to recover from an 0-2 deficit and win.

Giuliana Rankin '20 led all players with 17 kills in the match. She did so with outstanding efficiency, recording only one offensive error. Rankin chipped in on defense as well, registering five blocks; her performance against St. John Fisher was undoubtedly one of the highlights of the weekend. In addition, Kyndal Burdin '18 played extremely well, dishing out 36 assists and keeping alive crucial points with 14 digs. Christine Zizzi '18 was also pivotal on defense with a team-high of 20 digs.

However, more important than any player's individual statistics on Saturday is the fact that the Continentals were able to come together as a team and rally to pull off a fantastic comeback. Despite losing their final match later that day versus Brockport, Hamilton still had some positive takeaways from the season's opening week. Many individuals played well all week, and deserve recognition for their accomplishments. Erin Donahue '18 was a key part of the team all weekend, and was one of ten players selected to the all-tournament team after finishing with 2.5 kills per set. Her best performance actually came in one of the Continentals losing efforts, when she finished with 14 kills and 10 digs in just four sets of action versus Geneseo.

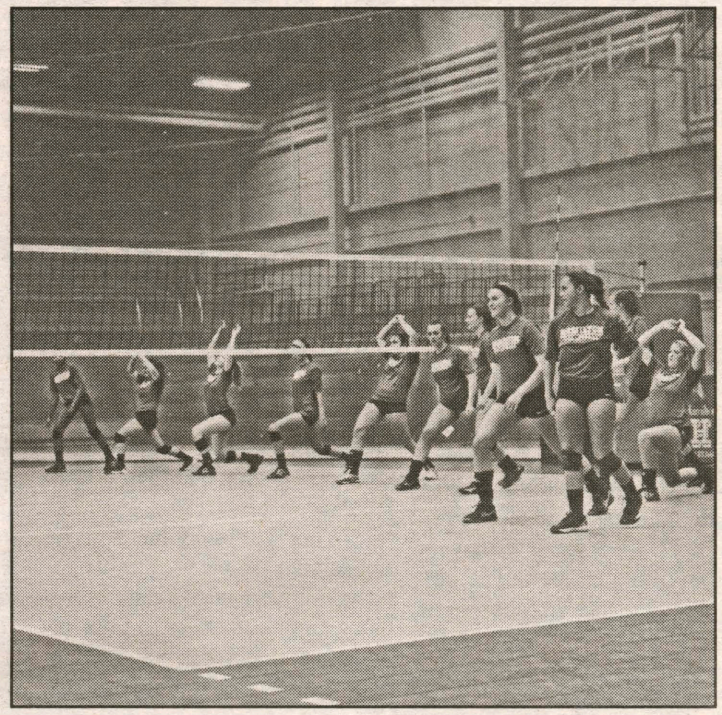


PHOTO BY ERIC LEE '18

Volleyball players warm up before practice.

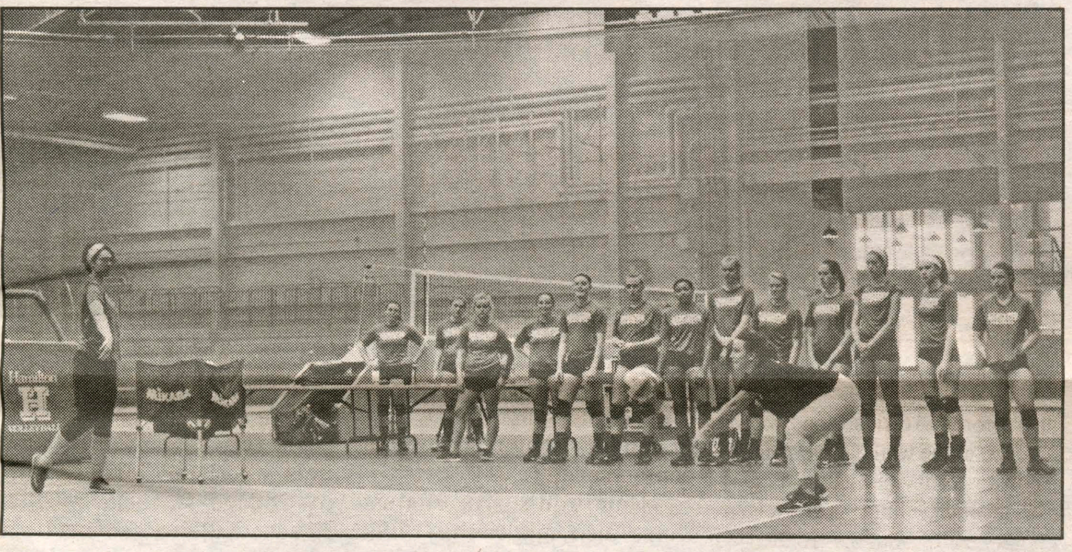


PHOTO BY ERIC LEE '18

Coaches Erin Glaser and Laura Falkowitz demonstrate drills in practice.

While opening tournaments are important, it is ultimately the performance in conference play that determines the season's success. If they want to contend for a spot in this year's NESCAC tournament, the Continentals will need to fight for every point in each of their conference games. If they play with the spirit and resilience that they showed this past Saturday vs. St. John Fisher, Hamilton will be primed for a great year, even against the toughest of opponents.

Speaking of tough opponents, Hamilton has some fierce competition upcoming. The Continentals will have a good portion of the week to prepare for their first NESCAC matchups of the season, scheduled for this Friday and Saturday. The team will take a road trip to Connecticut for matches against the Wesleyan Cardinals and the Trinity Bantams. Hamilton will come into its match with Wesleyan boasting a 2-1 record. Trinity currently sits at a 1-2 mark, with two games to play prior to their Saturday encounter with the Continentals. Regardless of Trinity's record going into the contest, Hamilton will try to end their road trip on a good note at 1 p.m. Saturday afternoon in Hartford. It's been just one week into the year, and Hamilton has already recorded one "marquee victory."

Canoe race cut short on account of dangerously windy conditions

from Canoe Race page 16

They race three different kinds of canoes, C4's (four person), C2's (two person), and Voyageurs (six to eight person). In past years, the team has competed in the Long Lake Boat Regatta, Canton Canoe Classic, and the famous Adirondack Canoe Classic, in which the team has been a fixture since its inception in 2009.

While canoe racing garners less attention than more traditional sports, there still exist fierce rivalries amongst teams. Most notably, Hamilton and Paul Smith's College tend to duke it out for the top spot at each race. A friendly but intense and competitive environment has developed between the two teams. In 2014, Hamilton edged out Paul Smith's for first place at the Long Lake Boat Regatta. The tables turned the next year at the Canton Canoe Classic.

PHOTO COURTESY OF JILLIAN DONZE '17

Canoe racing team smiles after 90 miles.

This year, while preparing for the Adirondack Classic, both teams definitely had the rivalry on their minds. Last weekend, Hamilton's team sent six boats—four C4's, one C2, and one Voyageur—to compete in the Adirondack Canoe Classic, or "90-Miler."

With boat names like Ricola, Vertical, and Sweaty Cheese, the team was a standout from the start. Rachel Lannino '17, a boat captain for the C4 canoe Potpourri, lays out the race as "three days of 35, 30, and 25 miles, respectively." The race runs "from Old Forge to Blue Mountain Lake, from the South end of Long Lake to 'The Crusher' on Raquette River, and from Fish Creek Pond to the town of Saranac Lake." In layman's terms, "from Old Forge to Saranac Lake." Lannino highlights the contributions of team captains Anna Mowat '18, Anne McGarvey '17 and Kevin Roback '17, in addition to the guidance of Andrew Jillings, the college's Director of Outdoor Leadership. Although the team is student-lead, Jillings is an invaluable mentor, having an abundance of first-hand experience. This year, he even captained the Voyageur canoe (named Todd D. Moore) for the 90-miler.

Already renowned for its difficulty, this year's 90-miler proved to be especially difficult. Severe weather brought what Lannino describes as "boat-tipping winds," forcing the competition to be called off on the third day. Still, the team managed to complete around 67 of the 90 total miles despite the harsh conditions, and managed to make the most of their time on the water. They are excited to continue to compete again this spring.

Canoeing is a lifelong pursuit, with numerous offerings and benefits. Some choose to partake casually, while others, like the marathon canoe team, compete and push themselves to the boundaries of speed and precision. As the team wraps up its fall season, the virtues of the sport are once more evident. Camaraderie and teamwork thrive among members of the team, contributing to a resoundingly positive experience for all involved. And, even when the environmental challenges of the sport rear their head (as they did last weekend), the team showcased its ability to persevere and make the best of the situation. A long winter season sits between the team and future races. However, when the ice thaws, and the water opens its welcoming arms to visitors once more, you can be sure they will be ready.

H SPECTATOR SPORTS

September 15, 2016

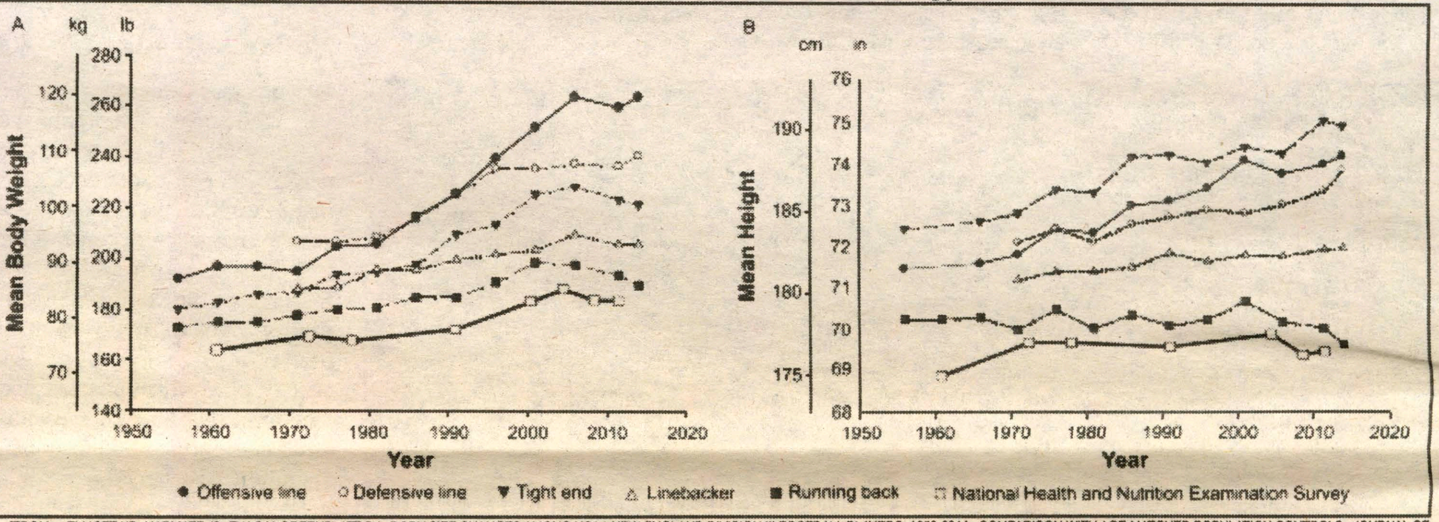
Tufts study confirms NESCAC football players still football players

by Levi Lorenzo '19
Sports Editor

Recently, researchers at the Tufts University School of Medicine performed a study in which they tracked the weight of NESCAC football players from 1956 to 2014. The key findings of the study were as follows: the average weight of offensive linemen in the conference increased almost 38 percent across the 59 years studied. In comparison, the average 20-29 year-old male in 2014 weighed 12 percent more than the average male of 1956. Skill position players (i.e. quarterbacks, wide receivers, kickers and defensive backs) experienced a change in weight that did not represent a statistically significant difference from the change in the general population; meanwhile defensive linemen and tight ends grew at similar rates to offensive linemen. While there was an overall increase in the height of offensive linemen, likely due to a higher level of competition in recruiting, the increase was small (3.8 percent); the average body mass index (BMI) of the offensive linemen studied was just 26 in 1956 but was approaching 34 when studied in 2014.

While this trend may surprise some, many people would not need this study to recognize its occurrence. One clear takeaway from this study is that athletics plays a more prominent role in the lives of NESCAC student-athletes than some may want to recognize. The fact that the weights of football players, particularly linemen, are increasing is old news: what makes this study different is that it studied Division III athletes, specifically NESCAC players, whereas previous studies focused almost exclusively on the Division I and professional levels. It is hardly surprising that the same trends are occurring in the NESCAC, even though athletics supposedly takes a backseat to academics in this conference. This study merely serves to solidify the notion that the NESCAC does not always exist in the athletic bubble that many think it does, and as much as it may attempt to discourage the prioritization of athletics, athletics is the top of many players' priorities. Players gain weight oftentimes sacrificing both their health and appearance to succeed on the field, even though the majority will never step back on the field after gradutaion. For NESCAC football players, football is not a career path but rather it is a passion; players play for the love of the game and their teammates,

see Football Study, page 14



[FROM: ELLIOTT KR, HARMATZ JS, ZHAO Y, GREENBLATT DJ. BODY SIZE CHANGES AMONG NCAA NEW ENGLAND DIVISION III FOOTBALL PLAYERS, 1956-2014: COMPARISON WITH AGE-MATCHED POPULATION CONTROLS. JOURNAL OF ATHLETIC TRAINING 2016; 51: 373-381]

Mean weights have risen faster amongst NESCAC football players than in the general population.

Weather shortens canoe race but Hamilton boats persevere

by Will Kaback '20
Staff Writer

The art of canoeing is one of subtlety, poise and determination. Those who associate the sport with leisurely summer days spent intermittently lily-dipping a plastic oar into flat water have never experienced the strain of battling through headwinds, the pressure of navigating a boat through precarious obstacles or the grim awareness of inclement weather in the middle of an unfriendly lake.

Misconceptions about canoeing reach beyond just the environment of the sport. It is common to see an otherwise capable athlete, accustomed to the certainties of solid ground, grasp a paddle fist over fist—as one would a lacrosse stick or tennis racket—and subsequently take a T-grip to the mouth.

Canoeing is also perceived as a rather one-dimensional exercise: move your arms back and forth, over and over, until they take on a feeling of gelatinous ineptitude. However, good paddling recruits the entire body. Proper form dictates that the core is the center of power, while the legs help to propel motion, and the head moves on a swivel so as to facilitate a smooth follow through. When performed correctly, the arms hardly tire at all. Each stroke is a note in a grand symphony: done well and the entire system functions beautifully, but done poorly and the mistakes are plain for all to see.

PHOTO COURTESY OF JILLIAN DONZE '17

Canoe racers enjoy the beautiful scenery.

There are few feelings akin to harmonious paddling, the boat seemingly floating over the water as it slices through glassy waves. The rush of wind around the small craft centers your mind to the task at hand; you are simultaneously present and lost in the act. Above all, though, canoeing—especially canoeing competitively—showcases the remarkable mental fortitude of its performers. It is a rare breed that can stare out across a vast expanse of aqueous mass dotted with faint islands wavering in the distance, knowing the hours of exertion that lie ahead, and still take to the water with a preternatural zeal.

There is no need for a stadium, no need for spectators. The shore is the sideline, holding beyond it a gnarled wilderness of oak and moss, while simultaneously enclosing a humble oasis that serves as the focus of their exertion. The loons, perpetually adverse to their name, observe quietly, dipping in and out of the field of play for concession breaks, where they snack on bluegill and bass—delicacies of the highest order. Although certainly inferior to the guttural bellows of their human counterparts, the seagulls and hawks do offer the occasional squawk and swoop of support. All the while, mountains loom far ahead like grand finish lines made of rock and salitter, beckoning worthy challengers to their primitive laps. Canoeing exists in the rarest of conditions, both serene and alive with life, depending on where your focus lies. Relatively few ever get to experience such a scene, but for those lucky ones that do, it is nearly impossible to escape.

Members of the Canoe Marathon team will say that canoeing, while uniquely rewarding, requires constant, exacting practice. Every year, the team gets on the water of Delta Lake as soon as the ice thaws, and practices at 5:45am for three weeks in preparation for races in the spring and fall.

see Canoe Race, page 15